

## 90 Day Plan – Part of the Do It Daily Challenge



# Do It Daily!

You can do amazing things in 90 days! When you use the 90 day plan, you will gain momentum. And if you start **STACKING** your 90 day plans, **WATCH OUT! AWESOME RESULTS** will follow! And it all starts with making a plan and working on it **DAILY!**

We have created this 90-day journal to help you get started.

Every day you will be doing activities that will get you closer to your goals. If you are a small business owner or salesperson, you may want to check out the [www.DoItDailyChallenge.com](http://www.DoItDailyChallenge.com) to sign up for daily challenges to push you toward your goals. This program not only gives you daily challenges, it helps you determine the best activities for your business (based on results), connects you with other achievers, and gives you access to a community to get advice and feedback from **REAL** achievers. This program is \$7 per month. But we are still in beta! If you sign up while we are still in beta testing and are willing to give us feedback, you can get the Do It Daily Challenge for \$7 for the entire year!

Where should you start? You need to set aside 10-15 minutes of quiet, alone time. You need to take this time to complete the next page. You will want to start with your big vision. From there, you want to break down the goals to get you to your big goal. Start with those 3 **BIG** annual goals. How can you break that down into monthly goals to get you to that big goal by end of year? How do you break down the year's worth of monthly goals to see where you need to be in 90 days?

This should be fun and exciting to see what you can truly accomplish in such a short amount of time!

Do you want a little extra help identifying your target market and getting a better understanding of your market and marketing efforts? Go to <http://DoItDailyChallenge.com/marketing-questions>. You can download the marketing questionnaire as well as watch videos explaining the questions, clarifying what you need, as well as giving you detailed instructions on how to perform certain tasks.

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Start with the BIG PICTURE goals! This will help you hone in on your shorter term goals that will get you to where you really want to be.

### ANNUAL GOALS:

#1:

#2:

#3:

### MONTHLY GOALS:

#1:

#2:

#3:

### 90 DAY GOALS:

#1:

#2:

#3:

**Why are these goals important to you?**

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WEEK 1: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

WILL DO FOR THIS WEEK: \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

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WEEK 2: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

**WILL DO FOR THIS WEEK:** \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

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WEEK 3: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

WILL DO FOR THIS WEEK: \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

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WEEK 4: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

WILL DO FOR THIS WEEK: \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

# 90 Day Plan – Part of the Do It Daily Challenge

WEEK 5: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

WILL DO FOR THIS WEEK: \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

# 90 Day Plan – Part of the Do It Daily Challenge

WEEK 6: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

WILL DO FOR THIS WEEK: \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_



# 90 Day Plan – Part of the Do It Daily Challenge

WEEK 7: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

WILL DO FOR THIS WEEK: \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

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WEEK 8: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

WILL DO FOR THIS WEEK: \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

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WEEK 9: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

**WILL DO FOR THIS WEEK:** \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

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WEEK 10: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

WILL DO FOR THIS WEEK: \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

# 90 Day Plan – Part of the Do It Daily Challenge

WEEK 11: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

WILL DO FOR THIS WEEK: \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

# 90 Day Plan – Part of the Do It Daily Challenge

WEEK 12: Week of \_\_\_\_\_

#1 GOAL FOR THE WEEK: \_\_\_\_\_

#2 GOAL FOR THE WEEK: \_\_\_\_\_

#3 GOAL FOR THE WEEK: \_\_\_\_\_

WILL DO FOR THIS WEEK: \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
DAILY CHALLENGE:

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

# 90 Day Plan – Part of the Do It Daily Challenge

**WEEK 13: Week of \_\_\_\_\_**

**#1 GOAL FOR THE WEEK:** \_\_\_\_\_

**#2 GOAL FOR THE WEEK:** \_\_\_\_\_

**#3 GOAL FOR THE WEEK:** \_\_\_\_\_

**WILL DO FOR THIS WEEK:** \_\_\_\_\_

Monday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
<b>DAILY CHALLENGE:</b>

Tuesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
<b>DAILY CHALLENGE:</b>

Wednesday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
<b>DAILY CHALLENGE:</b>

Thursday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
<b>DAILY CHALLENGE:</b>

Friday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
<b>DAILY CHALLENGE:</b>

Saturday/Sunday
ACTIVITIES THAT WILL CONTRIBUTE TO YOUR WEEKLY GOALS
<b>DAILY CHALLENGE:</b>

Accomplishments for this Week: \_\_\_\_\_

Unfinished Business: \_\_\_\_\_

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NOTES:



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NOTES:

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Did you achieve your monthly goals?

Did you achieve your 90 day goals?

Are you on your way to your annual goal?

Do you want to share your results? Email us at [results@doitdailychallenge.com](mailto:results@doitdailychallenge.com) so we can brag about you and your company!

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**KEEP GOING! PRINT OUT THIS FORM AGAIN AND DO YOUR NEXT 90 DAYS!**

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Need help or need daily challenges so you can stay on track to achieve your goals? Get in on our beta version now! Help us and let us help you! Get a FULL YEAR of the Do It Daily Challenge for the cost of 1 month! Check out <http://DoItDailyChallenge.com> for daily challenges!

Go **HERE** to sign up for BETA testing for the Do It Daily Challenge (\$7 for the ENTIRE year)!